

## Italian-Style Vegetable Skillet



**Time:** 25 min.

**Difficulty:** Easy

### Ingredients (4 people)

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- Organic chopped tomatoes 750g 2 cups
- Dried oregano 1 tsp
- Extra virgin olive oil to taste
- Fresh parsley A handful for garnish
- Garlic cloves 3 chopped
- Orange bell pepper ½ sliced
- Red bell pepper ½ sliced
- Salt and pepper to taste
- Small onion 1 halved, then sliced into half moons
- White wine vinegar 1 tsp
- Zucchini 1 to 2 squash, halved length-wise, then sliced

### For this recipe we used:



## Preparation

This flavor-packed vegetable skillet makes a quick vegan dinner over a bed of your favorite grain or pasta.

1. In a large skillet, heat 2 tbsp extra virgin olive oil until shimmering but not smoking.
2. Add onions, red bell peppers, orange bell peppers, and zucchini. Sauté for about 4 minutes, tossing occasionally.
3. Add garlic, **Pomi Organic Chopped Tomatoes**, oregano, and salt and pepper. Bring to a boil, then lower heat to cook for 10 to 15 minutes over medium heat.
4. Finally, stir in white wine vinegar and fresh parsley. Enjoy over your favorite grain or pasta.

**Recipe by Suzy Karadsheh of [TheMediterraneanDish.com](http://TheMediterraneanDish.com)**

*- The Mediterranean Dish*